

# NUTRITION

## Developing Strong Bones With Calcium

Americans, especially teenage girls, women, and older adults, need to eat more foods that contain calcium. It is estimated that more than 80 percent of young women and teenage girls are not consuming enough calcium. And the time for greatest bone growth, which requires lots of calcium, begins in the teen years and extends to age 35. According to the new Dietary Reference Intake (DRIs) for calcium, preteens and teenagers need the most at 1,300 mg per day. Most adults need 1,000 mg. However, after age 50, adults should increase their calcium intake to 1,200 mg.

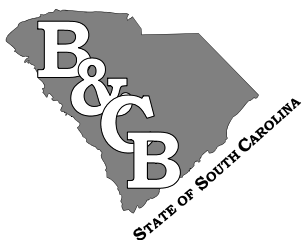
### **What are good sources of calcium?**

Make it a habit to include 2 to 3 servings or more from the milk, yogurt and cheese group each day. An 8-ounce glass of milk (fat-free, low-fat or whole) provides 300 mg of calcium. Other foods such as broccoli, beans and some leafy greens like kale and bok choy also supply calcium. Also, orange juice and breakfast cereal have been fortified with calcium.

Calcium Daily Intake Recommendations	
Age Group	Daily Intake
4 to 8 years	800 mg
9 to 13 years	1,300 mg
14 to 18 years	1,300 mg
19 to 50 years	1,000
51 to 70 + years	1,200
Recommendations from Dietary Reference Intake (DRI) for selected age groups.	

If you are unable to get enough calcium through your diet, your doctor can recommend an appropriate calcium supplement. The calcium in supplements needs to be easily absorbed by the body. You can test the absorption of the calcium supplement if it dissolves in a small glass of water or vinegar within 30 minutes. Also read the label to determine the actual amount of calcium in the supplement, which is usually referred to as elemental calcium.

Getting enough calcium, whether through diet or supplements, is essential to maintaining bone strength and can play a vital role in preventing osteoporosis related fractures. Speak with your physician or dietician to learn more about calcium and how you can increase your calcium intake.



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